



Recipe Analysis Checklist

Use this checklist to determine if recipe contains required information for recipe analysis.

Required Information:

- ☐ 1. Number of portions
- ☐ 2. Ingredients listed by form (canned, frozen, dehydrated, etc.)
- ☐ 3. Specific weight/volume of each ingredient consistent with yield information in Food Buying Guide that will convert ingredients to:
 - ☐ 1 ounces of creditable meat/meat alternate
 - ☐ $\frac{1}{4}$ cups of vegetable
 - ☐ $\frac{1}{4}$ cups of fruit
 - ☐ 1 ounce grain equivalents
- ☐ 4. 1-ounces of creditable meat/meat alternate in purchase unit for products not listed in Food Buying Guide
(Example: WI processed beef crumbles)
Note: Yield is specific for each product.